

## THE TIMES DAILY MAGAZINE PAGE

Emergency Medicine Tray  
Gives Quick Relief To  
Big Bump and Little CutFar-Sighted Mother Prepares for Easy Access a First Aid  
Outfit to Meet the Inevitable Accidents—Gives  
List of Household Remedies.

By MRS. CHRISTINE FREDERICK

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THE emergency medicine shelf is something that cannot be neglected, especially in a family with children. Instead of finding the various articles needed for cuts and bruises in the regular family medicine cabinet, one woman has taken a small square wooden tray, such as is used in hospitals, and placed on it all the articles which she needs for the big bump or the little cut, which ever it happens to be.

## For Cuts and Bruises.

1. Roll of absorbent cotton. A small piece of cotton is enough to stop a cut, for once it is opened it is likely to become soiled and contaminated.

2. Roll of sterilized gauze. This comes in straight sheets, sufficient for general purposes. It is a most useful article for not only is it used to bind up cuts and bruises, but is useful in even more serious accidents.

## Bottle of tincture of calendula, 25

cents. This is preferable to peroxide, as it is just as antiseptic but also more healing. An open cut or bruise can be directly bathed with this, then wrapped in the gauze and firmly bandaged.

3. Bottle of tincture of arnica, 15 cents. This is the best old-fashioned remedy for sprains or bruises, which are not open. It can be applied cold, or preferably hot, to the bruised finger, forehead, or other places to reduce the swelling, and to allay inflammation.

4. Bottle of dioxogen (peroxide). This should be used as a cauterizer, to wash off and make the parts absolutely sterile, to reduce the danger of infection, and in case of stepping on a nail or scraping the knees.

5. Bottle of compound to be used as a spray or gargle.

6. Lycopodium dusting powder for chafing, especially in infants.

7. Bottle of olive oil, best and simplest remedy for burns and slight skin abrasions.

## Scissors and Pins.

To this list may be added a fever thermometer, a medicine glass, a medicine spoon, a small pair of scissors, and a paper of safety pins. There also can be included a bundle of small pieces of waste cotton, linen, and flannel.

Old napkins and pieces of white flannel should never be thrown away, but washed thoroughly (if possible, sterilized) and kept ready for emergency use. A list of accidents and various methods of applying aid could easily be written in small space on a cardboard strip, where it is within ready reach. What are the best antidotes for poisoning and for gas inhalation should be learned or made into a list and hung near this emergency tray. The little effort required to furnish such a tray will be more than repaid in the quickness with which help can be given on the many emergency occasions which are bound to occur in every household, large or small.

## FEMININE FOIBLES By Annette Bradshaw



A PUZZLING SITUATION

"Mary, do you know how to cook waffles?"  
"No, ma'am, the last bride I worked for bought 'em canned."

## Raising of Kale, Lettuce, and Melons

Directions For Planting and Care of Several  
Varieties For the Small Home Garden.

## Home Garden Series, No. 9.

Prepared by the Department of Agriculture  
sembled a turnip, but which is formed above ground. Kohl-rabi should be grown both in the spring and in the autumn. Sow the seed in drills and thin the plants to six inches apart in the row. The rows should be eighteen inches apart for hand cultivation and thirty inches apart for horse cultivation. Thin the plants to stand four or six inches apart in the row. A spring crop of kale should be planted to furnish fresh, tender greens after the winter kale has become tough. Seed for the spring crop may be sown as soon as the soil can be conveniently worked.

Varieties recommended: Dwarf curled, Tall Scotch, and Siberian.

**Kohl-rabi Cased With Cabbage.**  
Kohl-rabi belongs to the same class as cabbage and cauliflower, but does not resemble either. The edible portion is the swollen stem, which resembles a turnip.

**Lettuce Should Be Forced.**  
Lettuce thrives best during cool weather, so it should be planted in the spring and autumn. In order that the leaves or head may be crisp, the plants should be forced and successions should be made ten days or two weeks apart. In the upper

South lettuce can be grown in the cold frames throughout the winter.

When grown in the garden the seeds should be sown in rows 14 to 16 inches apart and the plants thinned to stand eight inches apart in the row, but with the loose-leaf type the plants may be grown closer together and thinned as needed for the table. For a very early crop, start the plants in the hotbed or cold frame and transplant the young plants to the garden as soon as hard frosts are over.

Lettuce planted in the autumn may be left in the ground over winter in many sections of the South. Give the plants frequent shallow cultivation with hand tools.

Varieties recommended: Grand Rapids or lack Seeded Simpson for loose-leaf lettuce, and Blue Boston, Hanson, and California Cream Butter for head lettuce.

## Watermelons and Muskmelons.

The culture of the muskmelon is the same as for the cucumber, except that the plants are usually given more space. Plant eight to ten seeds in a hill, spacing the hills six feet apart each way. After the plants become established, thin out all but four of the best ones. Another method is to sow in drills six feet apart and thin to single plants 18 to 24 inches apart.

Varieties recommended: Rocky Ford, Netted Gem, Emerald Gem, Eden Gem, Jenny Lind, and Paul Rose.

The cultivation of the watermelon is the same as for the cucumber and muskmelon, except that the plants require more space. Plant watermelon seed in rows eight to ten feet apart and thin to single plants three feet apart, or plant in hills eight to ten feet apart each way.

Varieties recommended: Kleckley Sweet, Florida Favorite, Georgia Rattlesnake, and Tom Watson.

Desk sets in the same mode, to match the dressing table fittings, may be had at the same counters. A large blotter, ink stand, and pen tray make a most attractive set, and other pieces may be added later. A set in rose is exquisite, with one of the new quill pens in a color to match as a finishing touch; a deep purple pen offers a pleasing contrast to the lavender more, and one of the dark green is most effective against a set of pale green.

Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address. ("The Shopper.")

For Richness and Delicacy of Flavor  
The Royal  
**TUDOR COCOA**  
Is Surpassed by None  
TRY IT TODAY  
Alexander H. Hill & Co., Boston

will lend that appetizing touch you want.  
There is no more nutritious food known than spaghetti — and Heinz makes it as delicious as it is wholesome.  
A trial of Heinz Spaghetti will make you understand. At all grocers.  
10 Cents and up  
H. J. HEINZ COMPANY  
57 Varieties

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Simple Treatment May  
Often Bring Relief To  
Distressing Trouble

By DR. LEONARD KEENE HIRSHBERG.

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THE ear may be likened to a cornet—the wide, flaring mouth of the trumpet is the external ear, the winding column is the outer canal of the ear which reaches the three keys or by-passes.

One of these keys may be called the ear-drum, the second the eustachian tube or vent pipe, which enters the mouth, and probably gave rise to Emerson's epigram, "The hearing ear is always found close to the speaking tongue," and the third is analogous to a balance wheel or a center of gravity, and is called the "semi-circular canals."

The neck or mouthpiece of the cornet, for the sake of the simile, may be called the internal ear. It contains a miniature piano of many octaves made of little hairs. This is the true organ of hearing. It is a continuation of the auditory nerve—the eighth nerve below the brain.

Recently the president of a great

railroad, consulted me about a slight feeling of fullness or tightness in his right ear, and to a lesser extent in his left.

Occasionally he had a high-pitched whistling "tinnitus," or constant buzzing like a mosquito in the right ear. This changed finally to the deep booming tone of the lowest G on a cathedral organ. It also became intermittent or rhythmic; that is to say, it beat like the pendulum of a clock.

I soon found out that he awoke every morning with dry crust and scales in his nostrils. He was advised to insert white vaseline into which ammonia mercury had been mixed into his nostrils several times a day, and never to blow his nose violently.

Whether it was the cessation of nose blowing or the saline the intervals between the presence and absence of the ear noises began to grow longer and longer, and finally, after eight weeks from the origin of the noises in his ears, they disappeared.

Thereby hangs a tale.

## Answers to Health Questions

"Q.—Q.—1. What will turn my hair, which was naturally light, but is turning dark, to a light shade? 2. What will make the eyelashes grow? 3. What will keep a hard crust from forming around my eyes?"

A.—1. Clear peroxide to what most women use to keep the hair light. It is applied to the roots of the hair. 2. Apply to the roots of the eyelashes each night. Capsicum vaseline, 1 dram; white vaseline, 1 ounce.

L.—Q.—1. What foods shall I eat in order to have a good complexion? 2. What will keep a hard crust from forming around my eyes?"

A.—1. Avoid all sweets, pastries, candies, starches, oils, fats, highly cooked foods, vinegar, and sour things. Keep the intestines active, and bathe often. Do not use hot water or soap on your face, but cleanse it with a good cold cream and ice-cold water. Be in the fresh air and sunlight, and take lots of exercise. 2. Bathe the eyes every two hours in boric acid, and have your eyes examined for glasses.

Mrs. A. F.—Q.—1. I am troubled with rheumatic pains in arms, shoulders and back. What will relieve it? 2. I also have acid in my blood. What will be harmful for me to eat oranges, tomatoes, and lemons?"

A.—1. Hot baths, manipulation, Swedish movements, massage, and other excellent aids. Take fifteen drops of a saturated solution of iodide of potash in water after meals, increasing one drop at a time until you are taking fifty drops. Then go down again to fifteen and up several times. Drink three quarts of distilled water daily, also lots of fresh milk. Eat no solid foods, but fruits, vegetables, cereals, milk, eggs, and everything fresh. 2. It will not hurt to eat the foods you mention.

A. B. C.—What causes my joints to crack when I bend my knees? I have to rub under my knee before I can bend it. Is it "rheumatism," and what can I do for it?"

A.—This may come from loose ligaments in the knees, called volvulus arthritis or some other form of arthritis. An operation cures this.

Mrs. H. H.—Q.—I retire about 9:30 each night, but do not sleep more than three hours, then I awake the rest of the night. I am not sick, and do not have any pains. What will make me sleep?"

A.—Avoid excitement during the day, and do not overexert yourself. Take more rest in the afternoon, but do not sleep. Do not eat any solid food for your evening meal, but just before going to bed drink a glassful of hot milk and eat a few crackers. Take a hot bath and go to bed with your feet elevated. If you are not asleep in an hour take a triple effervescent bromide tablet in a glassful of water. Be in the fresh air and sunlight as much as possible and take active exercise in the open.

Mrs. M. M. H.—Q. What shall I do for

a stiff and very painful knee? Can you give me any suggestions?

A. If you will describe your symptoms in more detail I shall try to help you. Baking the knee will relieve the pain. When the pain has left begin to exercise and move the knee.

Daily Reader.—Q. What will promote a medium heavy beard without injury to the skin?

A. Massage, electricity, eating green vegetables, tender meats, living an outdoor life and having inherited the necessary roots.

Dr. Hirschberg will answer questions for readers of The Times on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally. If a stamped and addressed envelope is enclosed, address all inquiries to Dr. L. K. Hirschberg, care this office.

LADIES! LOOK YOUNG,  
DARKEN GRAY HAIRUse the Old-time Sage Tea  
and Sulphur and Nobody  
will Know.

Gray hair, however handsome, denotes advancing age. We all know the advantages of youthful appearance. Your hair is your charm. It makes or mars the face. When it fades, turns gray and looks dry, wispy and scraggly, just a few applications of Sage Tea and Sulphur enhances its appearance a hundred-fold.

Don't stay gray! Look young! Either prepare the tonic at home or get from any drug store a 50 cent bottle of "Weyth's Sage and Sulphur Compound." Thousands of folks recommend this ready-to-use preparation, because it darkens the hair beautifully and removes dandruff, stops scalp itching and falling hair; besides no one can possibly tell as it darkens so naturally and evenly. You moisten a sponge or soft brush with it, drawing this through the hair, taking one small strand at a time. By morning the gray hair disappears; after another application or two, its natural color is restored and it becomes thick, glossy, and lustrous, and you appear years younger.—Adv.

Kayser Silk Gloves  
wear so much better

The very foundation of the Kayser Gloves—the Kayser Silk—is pure and strong. Fine workmanship alone could not make Kayser Silk Gloves wear longer if the silk itself were not right. In 30 years of silk spinning, we have learned how to make use of a heavier pure silk thread (not weighted), without interfering with the delightful coolness of the gloves. This makes Kayser Silk Gloves wear so much longer that millions of women have learned that the one thing to look for in a silk glove is the trademark "Kayser."

Two clasp gloves are always 50c, 75c, \$1.00, \$1.25 and up; twelve and sixteen button lengths are always 75c, \$1.00, \$1.25, \$1.50 and up. The name "Kayser" is in the hem and with each pair is a guarantee ticket that the tips will outwear the gloves.

## ADVICE TO GIRLS

By Annie Laurie

Dear Annie Laurie—Ever since Christmas I have been very friendly with a boy who usually calls two or three times a week, either to spend the evening at my house or take me out somewhere. One Sunday I had made arrangements to meet him after church in the evening, but through an accident I did not see him. Thinking I had a right to explain matters, I phoned him the previous evening. He replied politely—coldly, it seemed, too—that he had not. Now, I had reason to doubt his statement. I think I was said in a moment of pique. As I like him, and think he likes me, what can I do to keep his friendship? Should I phone him again?

## BLUE SEVENTEEN.

WELL, my dear, I think you are right in thinking that your young friend did wait for you at church, and did not want you to know that he was there and had been disappointed. So, if I were you, I would write him a letter explaining how it happened that you were unable to keep your engagement with him. He will understand, I am sure, and if he does not forgive you for your unintentional discourtesy, he is hardly worth being blue over. So write him, by all means, but write nothing except a simple statement of facts and a request that he pardon you this time.

Dear Annie Laurie: For two years I've been engaged. In September I broke my engagement, thinking that in a short time we would patch it up and be more in love than ever. When I returned from a trip he wrote me a note and said if I wanted to forget him all right, and if not all right. I telephoned him and thanked him for his note, and we agreed we would try getting along without each other for a while, and he would devote all his time to his mother, who needed his company more than he would ever marry any one but me, and asked me if I would call him up every once in a while.

That was on Wednesday. Saturday I called him up and asked him if he wanted the ring. He said "yes," as it had no meaning now. I told him I hated to return it, but would. I also asked if he thought everything would be all right in time. He said he hoped so, but had decided his mother needed him, and was going to devote his time to her until she married or died.

The next Monday he called up and told me his mother had lost quite a good deal of money, and that they were going to a boarding house to live. He gave me the telephone number, and said if I ever needed him to call up. I said "yes," and he said "Yes." I asked him if he thought we would ever marry, and he said "Yes," that he still loved me more than any one else, and would never marry any one else.

I've called him up several times since, and he's always been the same. Now I'm going away for a while, and feel it's his mother wanting him selfishly that's keeping us apart. Could I see him before I go and ask

him if we can't be engaged secretly, and to give me back the ring? He loves me very much. Should he let his mother stand in the way of his happiness and mine?

## PERPLEXED.

Why, you poor, worried, little girl! What in the world can you do with such a man?

He evidently wanted to break his engagement with you. Now, what do you want to do, force him to lie to you?

If he really loves you, and it is his mother who is keeping you apart, there's just one way of bringing him to your feet. Let him go freely, and frankly, and interest yourself in other things and other people.

If he doesn't care for you and wants to get rid of you, there's just one thing to do, too—let him go. If he's a good thing, and he will make him play you again it is that.

Don't let him play "dog in the manger" with you. If he does not care enough for you to try to keep you, let him understand very clearly that you may be others who do, and that you do not intend to throw away your life waiting for him.

Get rid of the man or let him get rid of you at once! Don't think of calling him up. He can only dream of talking such things over on the telephone. Don't you know that every word you say is overheard? How can you be so delicate?

The man is tired of you, and he is too cowardly to tell you so openly. Spare him the trouble and spare yourself the humiliation. Go away for a little while. Meet other people. Forget the man, and you'll never be happy with him.

Dear Annie Laurie: I am a young man of nineteen, and have a good position and good habits. Now, I know a few nice girls, but only a friend, and would like to meet some nice girl for whom I could really care. I have been out with the girls I mentioned, but they are all different from the girl I would like to meet. I always try to be sensible, happy and agreeable, but I think I fool too much in their company.

Probably that is the reason I cannot like the girls I have met, and perhaps they treat me differently than they do the other boys. If you think that is the reason, I would be thankful if you would tell me so, and also tell me how I can meet some nice girl that I could really like.

S. L. T.

Very probably you are right in believing that you "fool" too much when in the company of the girls you know. You know girls don't like boys who make clowns of themselves, and who are not able to sort you wish to be. So it may not be their fault you do not like them, but yours. You must change yourself, and you probably will find that they seem changed to you.

Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

## Set Date for "The Opium Pipe"

April 27 is the date set for the performance of "The Opium Pipe," a play by Mrs. Christian D. Jernick. It is said to be a masterly denunciation of the opium traffic.

More than forty will take part, in a most unusual and lavish spectacle of oriental luxury.

Before the play, "The Awakening," a silent peace tableau by Mrs. Hemmick and Miss Hazel Mackaye, will be given on a perfectly bare stage.

Readings to music from the "Song of Solomon," will be given by Miss Gwendolyn Logan, of Persia. The scenes of "The Opium Pipe" are laid in a royal city of Persia in 1400 B. C. A young and virtuous king of Persia, played by Christian Hemmick, at the coming of age, is persuaded by the power-loving regent, played by Dr. A. F. Hopkins, to visit an opium den, in the hope that if the powers of the young man will fall and the scheme of the regent gain full sway, in a strange

vision of foreshadowed events, the young king experiences all of the tortures of a victim of the drug, and sees the tragedy come to his betrothed, the Princess Zobia, played by Mrs. Maud Howell Smith.

Others in the cast will be Morven Thompson, Eugene Reed, Meredith O'Neill, who takes the part of Mirza Ali; Helen Buchanan, Wilbur Underwood, George Oakley, Totten, John W. Thompson, Gertrude LeRoy, Mortimer Clark, Robert Oldys, Louis Thompson, Mrs. Randolph Forrest, A. Robert Elmore, Stanley Olmstead, Miss Stewart, Miss Anderson, Candace Howard, Miss Grant-Stevens, Mildred Ives, Matilda Auerbach, Elizabeth Harding, Meta Evans, Grace Murphy, Judith Ives, Frances Carpenter, Margaret Britton, Catherine Robinson, Mrs. Ward-Brown, Mrs. Edgar L. Woods, Mrs. George Barrett, Mrs. John W. Thompson, and Milton Bryan, who takes the part of the blind dancer.

The play is in four acts, and under the direction of Edward A. Mitchell and William C. Morrow.

## "Weave No More Silks"

Weave no more silks, ye Lyons looms. To deck our girls for gay delight! The crimson flower of battle blooms, And solemn marches fill the night.

Weave but the flag whose bars today Drooped heavy o'er our early dead, And homely garments, coarse and gray, For orphans that must earn their bread!

And ye that wage the war of words With mystic fame and subtle power, Go, chatter to the idle birds, Or teach the lesson of the hour!

Ye Sibyl Arts, in one stern knot Be all your offices combined: Stand close, while Courage draws the lot.

The destiny of humankind, And if that destiny could fail, The sun should darken in the sky, The eternal bloom of Nature pale, And God, and Truth, and Freedom die! —Julia Ward Howe.

For Richness and Delicacy of Flavor  
The Royal

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Is Surpassed by None  
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